

Dear Student,

You are registered for course # 1605-272, "Yogic Arts: When the Heart Meets the Soul – the Sacred Dance" with Duncan Wong on June 1 - 6, 2008.

**Prior yoga experience or a strong level of fitness is necessary, as this class is physically vigorous.**

We have enclosed an Injury Waiver, which you must sign and return to us prior to the beginning of the workshop. Please read it carefully, sign it, and return it to: Omega Institute for Holistic Studies, Attn: Sarah Yanosh Yonnetti, 150 Lake Drive, Rhinebeck, NY 12572-3252. If you have any questions about the waiver or the workshop in general, please call us at 800-944-1001.

We look forward to seeing you this summer!

Sincerely,

*The Omega Staff*

## OMEGA Injury Waiver

Yogic Arts: When the Heart Meets the Soul – the Sacred Dance  
with Duncan Wong  
Course # 1605-272  
**June 1 - 6, 2008**

We have advised you that previous yoga experience or a strong level of fitness is necessary for your safe participation in this course, as the course is physically rigorous. Please consult your physician to be sure this routine is safe for your current fitness level.

This class is physically rigorous and participants will be expected to monitor their own exertion level and communicate any injuries or aggravations they have coming into the workshop before the first session. Any feelings of discomfort or fatigue during the workshop should be reported to the instructor immediately.

The routines should be carefully followed and done in a safe and prudent manner—controlled at all times.

I, \_\_\_\_\_ (print name), agree that if any medical attention is required for illness or injury while attending the workshop, I hereby waive and release Omega, its staff, Duncan Wong, and his staff or agents of all liability for any illness or injuries which may occur.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

Return to: Omega Institute for Holistic Studies, Attn: Sarah Yanosh Yonnetti, 150 Lake Drive,  
Rhinebeck, NY 12572-3252